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## **PAROLE FROM THE INSIDE OUT**

*by Darrell Williams*

*Over the years that Darrell Williams has corresponded with Dr. Darlene Miller, he and his circle of friends have made good use of the Hemi-Sync® resources provided by TMI. In this article Darrell shares the details of the GATEWAY Prison Outreach Program and the transformative change it has inspired.*

In the most unlikely place, where the sound of clanking metal doors reverberates in the middle of a Native American rain-cut valley, a miracle is blossoming in the lives of formerly spirit-broken, weary men as a GATEWAY Prison Outreach session led by incarcerated men thrives. The location is Kern Valley State Prison (KVSP), Delano, California, a high-security Level IV facility surrounded by coiled razor wire atop double fences on the central coast of California.

I've been incarcerated at KVSP for two years now. I came from another central coast facility (Corcoran Prison) in Corcoran, California. There are nearly 5,000 prisoners here, some with convictions for minor crimes but many with felony commitments for the most distasteful affronts to humanity imaginable. About 75 percent of the prisoners are "lifers." Some will go home one day, but for many, this is the end of the road.

With that in mind, I had to gauge how to jump-start the GATEWAY Prison Outreach Program (G-POP). In the midst of this racially diverse prison—filled with the likes of robbers, murderers, car thieves, drug dealers, and drug addicts—a meditation group utilizing The Monroe Institute's Hemi-Sync® sound systems appeared to be sorely misplaced. The contrast was remarkable because the prison yard is segregated, with neighborhoods of Crips and Bloods (black street gangs from the Los Angeles area) making up the majority of gang affiliations. There are also white skinheads, Southerners (Mexican gangs from the Los Angeles area), Northerners (Mexican gangs from Northern California), Asians, Muslims, Christians, Native Americans, Buddhists, and Wiccans.

The GATEWAY Prison Outreach Program began with a small group of prisoners who met in the prison chapel. There, the group was introduced to the science of Hemi-Sync technology and discovered the many benefits it could provide to one's personal growth, self-improvement, memory, learning, and ability to eliminate negative thinking and behavior patterns. The group began by listening to *The Way of Hemi-Sync*, an introductory CD voiced by Robert Monroe. They left it to Mr. Monroe to assassinate their old, tempestuous, rough-and-tumble views! Those who decided to take the plunge with the GATEWAY EXPERIENCE® CDs were first given HUMAN-PLUS exercises, METAMUSIC®, and various relaxation CDs to acquaint them

with Hemi-Sync. Indeed, they were told to suspend all judgments and formulaic understanding of the CDs. Most prisoners found the experience both welcoming and strange.

I have always been intrigued by the occult and fascinated by the powers that are latent in man. My library is full of books on these subjects, but these tomes never gave me the answers that I was seeking. They talk “all around” the subject but never supply satisfactory proof. Neither do they explain their subject material in such a way that one can practically apply the mystical concepts and truly become experienced and adept in exercising the powers latent in man. I wanted to know and experience for myself the esoteric secrets that are merely hinted at in classic literature, the Bible, and contemporary media sources such as books, newspapers, and television. The *GATEWAY EXPERIENCE* gave me conscious contact with my second body and other multidimensional bodies. It enabled me to look into the deep aspects of consciousness and find the answers I was seeking.

Out-of-body travel, or “spirit walking,” as I prefer to call it, is a skill that can be useful for the incarcerated. Some of the prisoners here are serving life terms without the possibility of parole. Others are serving countless years in an environment that is entirely foreign to the psyche of a thinking man. You are limited to what you can read and to the distorted views that you can experience by watching television or shooting the breeze with one another. Unable to hear the song of a bird or the laughter of children at play, to smell a pine forest, to feel the mist coming in off the ocean, or to inhale the scent of a clean woman, one becomes callous and unconcerned and reverts to the base and common elements of the surroundings. It is hard to maintain absolute sanity under these circumstances and certainly not inspiring to the spiritual mind.

What if out-of-body journeys were possible? What if you could go into the vast reaches of your own consciousness and travel to wherever you wanted to be and experience everything that was happening there? What if it were possible to go and visit your mom, or your children, or your woman, without ever physically leaving your cell? What if you could project to The Monroe Institute and sit in on the classes as they occur, rather than waiting for months until participants’ stories are published in the *TMI Focus* newsletter? Could this **PAROLE FROM THE INSIDE OUT** be possible? These are some of the questions we asked in our G-POP group. Through the consciousness-expanding techniques of the *GATEWAY EXPERIENCE*, we were able to achieve “parole from the inside out.”

Numerous examples of spirit walking occurred this past summer (2007). We made trips into the mountains and to the sea and to planetariums and the like in order to expand our minds and attune them to the world around us. We played *METAMUSIC* and meditation music. As we experimented with spirit walking, almost everyone was successful in visiting their own homes and making contact with their parents, siblings, and other relatives. In one instance, we went to

a little town just outside of New Orleans and visited with one young man's grandparents, aunt, and nephew.

Sadly, as prisoners we live in a violent world where the deep wounds of pain, shame, and confusion reign. But these *GATEWAY* participants were there to explore new ways to overcome disrupted lives riddled with addiction issues, sexual abuse, and poor choices.

During my six years of being program coordinator with the G-POP, the self-help group has mysteriously reshaped the hearts and minds of those courageous souls who desire to change their unfortunate lives. In a way, we find ourselves clinging to the sometimes-strange experiences like eager little children waiting to hear again that the "Self" and "God" love us. One of our brothers, Michael, gives us further insight:

"There's a Russian proverb that says, 'Once a pumpkin falls off the wagon, it can never get back on.' That is society's view of serious crimes or even lowly crimes in modern California. That attitude toward prisoners says that once you've transgressed against society, you are without hope—fit only to be warehoused in vast industrial lockups until broken and hopeless. Having served that sentence, [you're] returned to the streets with \$200 'gate money.' During my years of incarceration, I've realized that help is not coming unless we do it for ourselves.

"In any event, it takes years for the capacity for feeling and [the] love of self and others to regenerate and penetrate the armor that has been built up by years of abuse and neglect. When it does, the magic happens and suddenly there is hope. Hope is a big thing in here."

One of the great Sufi mystics, Jalahudin Rumi, once described meditation practice as "removing the filter, closing the gap between our limited experience and the experience of greatness we all hold inside." That is the whole point of the *GATEWAY* Prison Outreach Program. At first I thought it was just a way to achieve an out-of-body experience, but the process sort of sneaks up on you. Somehow the beauty and inner resources that lie below our surface rise up to become more prominent than our darker selves. It is obvious to me that serious, lasting self-transformations are taking place daily among us. Stubborn old patterns of negativity are falling away. Some guys seem more caring of others' welfare—not high on rage anymore. That alone is huge! Some are more open, relaxed, and happy.

Hemi-Sync seems to act as "a fertilizer of the spirit." The *GATEWAY EXPERIENCE* has altered my whole comprehension of living a proper and more meaningful life. My perspectives are clear. Priorities that were once out of whack and self-destructive are now in order. Not a bad payoff for listening to a set of CDs... and at no cost to the state. It's a great step in the quest for self-transformation.

For the participants, the *GATEWAY* Prison Outreach Program provides an atmosphere conducive to contemplating how they got here and what they are going to do with the rest of

their time. Even the name “Gateway” resonates powerfully with many of these prisoners who still hope to find their own way to change and freedom.

Thanks to Darlene Miller and Shirley Bliley and the staff at The Monroe Institute, G-POP will involve other convicts in this spiritual practice. The ripple effect may be felt in the lives of many sincere, well-meaning men and women and their children for generations. This is our highest aspiration.

*If you would like to learn more about this exciting program and how your correctional system might adopt it, contact: Darrell Williams, #D-47495, KVSP, P.O. Box 5101, A3-119, Delano, CA 93216.*

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